

Darling Clementine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



3

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 servings clementine wedges for garnish
- ☐ 2 cups ice cubes
- ☐ 2 cups orange sherbet
- ☐ 0.3 cup orange juice
- ☐ 2 shots orange liqueur
- ☐ 1 cup vanilla vodka

Equipment

- ☐ blender

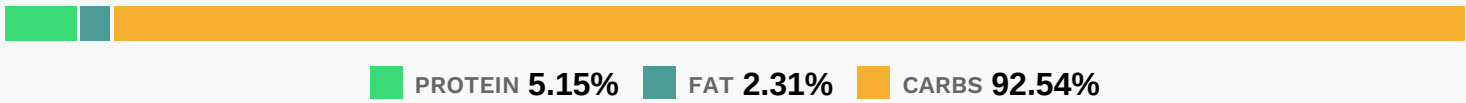
☐

drinking straws

Directions

- ☐ Put all ingredients in blender. Blend 1 to 2 minutes or until smooth.
- ☐ Pour into glasses.
- ☐ Serve with straw.
- ☐ Garnish with clementine wedges

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:11.24, Inflammation Score:-8, Nutrition Score:9.4413043268673%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 35.17mg, Hesperetin: 35.17mg, Hesperetin: 35.17mg, Hesperetin: 35.17mg Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg, Naringenin: 18.83mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 376.37kcal (18.82%), Fat: 0.39g (0.59%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 30.55g (11.11%), Sugar: 29.27g (32.52%), Cholesterol: 0mg (0%), Sodium: 12mg (0.52%), Alcohol: 34.41g (100%), Alcohol %: 9.05% (100%), Caffeine: 7.69mg (2.56%), Protein: 1.93g (3.86%), Vitamin C: 110.29mg (133.68%), Fiber: 4.18g (16.72%), Folate: 59.96µg (14.99%), Vitamin B1: 0.19mg (12.79%), Potassium: 399.19mg (11.41%), Calcium: 77.5mg (7.75%), Copper: 0.14mg (7%), Vitamin B6: 0.14mg (6.79%), Vitamin A: 311.33IU (6.23%), Magnesium: 24.14mg (6.03%), Vitamin B2: 0.09mg (5.03%), Vitamin B3: 0.93mg (4.67%), Vitamin B5: 0.45mg (4.51%), Phosphorus: 41.63mg (4.16%), Manganese: 0.05mg (2.75%), Vitamin E: 0.37mg (2.48%), Iron: 0.29mg (1.61%), Selenium: 0.78µg (1.12%), Zinc: 0.16mg (1.09%)